

Practice 8 by ABANA "Connection"

Duration: 1 hour

This engaging exercise aims to create meaningful connections between participants, exploring how human relationships can be represented through visual arts, music, dance and acting in a unique ritual.

All exercises will be led by a leader and a group of 20 people.
Pairs will be formed from the group.

Step 1: Formation of couples

Each participant will be encouraged to choose a partner to form pairs. In each pair, the two participants will be identified as A and B.

Step 2: Overlaying of sheets

Next, each pair will overlap their sheets with the lines drawn. Through the transparency of the sheets of glossy paper, the points of intersection between the two paths will be visible. Each intersection point will symbolize the connection that will develop between the two participants, similar to the synapses of the nervous system that function as bridges between neurons to allow the transmission of information. This artistic process will represent the unique connections and interactions between members of couples in a visual and symbolic way.

Step 3: Choice of a significant connection

Among all the identified connections, each pair will select one as the most significant. This will represent the particularly important meeting point in the relationship created.

Step 4: Arrangement of the pairs of sheets

The entire group, made up of 20 participants, will arrange the sheets in pairs, overlapping one another. Each pair will position themselves at their chosen point in common, representing their significant connection.

Step 5: Creation of the Network

Each pair will have a stick. The first couple to start the route, chosen by the entire group, will also have the ball of thread, which will tie the end of the thread to partner B's stick. Participant A of the first couple will head towards participant A of another couple who will choose by affinity and donate the ball of yarn. This operation will be repeated until all A participants have completed connections between A participants of each pair. Subsequently, it will be the turn of participants B.

Step 6: Movement and dance

As the ritual continues, a complex network of connections will develop between all participants. These shifts through this intricate network of threads, a unique dance will emerge. The movements will be inspired and guided by the texture of the threads and synchronized to the rhythm of the music, thus creating spontaneous and engaging artistic choreographies.

Tools necessary for the activity:

- Each participant has their own previously drawn sheet of paper.
- Sticks (one for each pair).
- A ball of thread.
- Music to accompany the ritual.

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